

# WellConnected

A Virtual Wellness Program  
for Student Athletes



## Login Instructions

### Login URL

[WellSpanHealth.medbridgego.com](http://WellSpanHealth.medbridgego.com)



### TWO WAYS TO ACCESS



#### Use the MedBridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedBridgeGO**".



#### Open in your browser

To access your home exercise programs.

### BY ACCESSING ONLINE YOU CAN



#### View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

## Week 5 Access Codes

**Monday:** VL7QX342

**Wednesday:** LJV7FDWD

**Friday:** FGHLXTHG

**24-7 Injury Hotline: (877) 482-5420**